

Inflammation of the joints, often referred to as Arthritis

This information is not designed to provide advice on the treatment of individual cases of disease. It is an educational program providing information about alternatives. Any disease is a serious condition and we highly recommend that you consult a competent health practitioner before beginning a course of treatment.

Causes-

- Mineral deficiencies or imbalances
- Hydrochloric acid deficiency
- Fluoride –interferes with collagen
- Wear & Tear
- Auto-immune—genetic tendency, food allergies, environmental toxins

Nutrition-

- Reduced excess weight
- Limit animal protein consumption
- Eat plenty of vegetables and fruits
- Essential omega 3's
- Antioxidants

Supplements-

- Homeopathics:** Rhus Toxicodendron and Byronian
- Single Herbs:** Devil's Claw, Dandelion, Alfalfa, Ginger, Turmeric, and Yucca
- Combinations:** Joint Support, Joint Health, KB-C, Trace Minerals, A-W, Skeletal Strength, Grapine HP, and Collatrim
- Favorite combination: EverFlex w / HA** contains: MSM, Hyaluronic Acid, Glucosamine, Chondroitin, and Devil's Claw

Topicals-

EverFlex Cream

- Essential Oils:** *Clove, Eucalyptus, Ginger, Lavender, Sweet Marjoram & Rosemary-* analgesic & anti-inflammatory
- Capsicum & Ginger-* warming *Peppermint-* cooling
- Deep Relief Blend*

Copper Bracelets

Magnets

Exercise— regular movement/ activity & weight bearing exercises

Inflammation of the joints, otherwise known as Arthritis

Over 100 different forms have currently been identified, among them gout, viral joint infections, and most commonly osteoarthritis and rheumatoid arthritis.

Symptoms: cracking joints, stiffness, especially early in the morning, pain, deformation of the joint, usually affecting first the knees, hips, fingers and vertebrae.

Rheumatoid arthritis is a more destructive form of arthritis because the inflammation can cause crippling and deformation of joints at an early age. Rheumatoid arthritis is characterized by early morning joint stiffness and pain and inflammation in symmetrically located joints, the fingers and toes are usually the first to be affected, though pain may wander from joint to joint throughout the body. In addition to the joint symptoms, flare ups can cause pronounced fatigue, low grade fevers, poor appetite and weight loss. There are many types of rheumatoid arthritis categorized from age of onset, to severity, as well associated imbalances from psoriasis to colitis. It is complex and the true cause(s) is unknown, listed as auto-immune, therefore also work with biological terrain and immune also.

Causes:

1. **Mineral deficiencies or imbalances** – May be the cause of osteoarthritis due to a long process of joint deterioration. Calcium, magnesium, zinc, copper, manganese, silicon, boron, strontium and numerous other trace minerals are involved in bone syntheses, breakdown and repair. Given that the average North American diet has been shown to be deficient in these and other vital nutrients, it is easy to see why mineral deficiencies are part of the reason for the increasing incidence of osteoarthritis.
2. **Hydrochloric acid deficiency** may be present in up to 40% of patients. Low levels of stomach acidity prevent complete protein digestion. The undigested polypeptides are absorbed eliciting allergic reactions leading to joint inflammation, as well as inflammation in other tissues. (also: <digest->acid->infla)
3. **Fluoride-** levels as low as 1 part per million in the drinking water give rise to an increase in the urine concentration of certain biological chemicals that signal the breakdown & irregular formation of collagen in the body. Collagen is important, it makes up more than 30% of the body's protein and serves as the major structural component of skin, ligaments, tendons, muscles, cartilages bones, and teeth. Fluoride disruption of the body's collagen results in premature wrinkling of the skin, weakening of ligaments, arthritis and stiffness of the joints.
4. **Wear & Tear** —Mechanical wearing down of the cartilage lining the joints leaves abrasive tissue in place of the once-smooth cartilage. The aging process also depletes glucosamine from the cartilage, causing it to thin and lead to arthritis. Injury, repetitive motion can start the arthritis process. Also obesity increases stress on weight bearing joints.
5. **Auto-immune**, as with rheumatoid. The body attacks its own tissues as a result of a faulty immune system reaction. Incidence increases with a genetic tendency. Food allergies and a sensitivity to environmental toxins are problems in some cases, therefore best to avoid all toxins, including alcohol ,cigarettes, and coffee.

FIRST

Nutrition— As with all diseases, a nutritional approach to the treatment cannot produce immediate results, but is the main road to a biological rebuilding of the body which goes beyond masking symptoms.

A—Excess weight must be reduced first.

B– Limit protein consumption to plant sources, esp if gout. An overload of protein, especially animal protein, causes painful uric acid deposits in the joints. Incomplete digested proteins can act as allergens which trigger arthritic pain. **Digestive Enzymes**, found in raw food, break down proteins into amino acids. Papaya, Pineapple, Apple Cider Vinegar all would improve digestion of proteins. PDA– excellent combination design to be a Protein Digestive Aid.

C—Eat plenty of vegetables and fruits for they produce an alkaline environment in the body. Less acid, less inflammation. (chart-keep in mind digest)

D—The essential omega 3 fatty acids contain oils which lubricates the joints and help generate and deposit bone material. Also, they prevent the absorption of toxins and food allergens in the body. Fish oil, Evening Primrose oil

E- Antioxidant vitamins and minerals should be added to the regime, they protect the joints from free-radical damage. Vit C & selenium are often found to be low in rheumatoid arthritis, but shown to be helpful in all types of joint inflammation.

SUPPLEMENTS

Homeopathy:

- Rhus Toxicodendron** –when stiffness occurs upon rising, and motion reduces pain. Cold, wet weather aggravates an attack while heat improves the pain.
- Bryonia**—the opposite aggravators, the pain is worst with the least motion and can only be relieved by rest and applying cold packs. Joint is very tender to touch.

HERBS:

- Devil's claw**– for both rheumatoid and osteoarthritis. Proven effective in reducing the inflammation of connective tissues as it dispels uric acid, < STIFF
- Dandelion** also dispels uric acid– 3capsules or 1 cup tea twice daily for 4-6 weeks to reduce the frequency and intensity of pain and to strengthen the connective tissue. (Esp. gout, possibly alfalfa for osteo)
- Anamu**– helps reduce joint inflammation
- Ginger**– warming herbs– increases circulation of the blood and lymph. In Chinese medicine, it is used as a pain killer, due to its ability to mover energy. Ginger contains several chemical constituents which make it useful for pain. Including zingabain, a powerful proteolytic enzyme. Can help by taking internally or using it externally as a compress on the painful area. Studies have found it useful for both pain and reduction of swelling.
- Licorice** –acts in the body like cortisone, without the harmful side effects– 2capsules 1-3x/day
- Olive Leaf Extract**– capable of wiping out a multitude of viral properties that are present in auto-immune disorders. It can help increase stamina and restoration. This has shown to help with the inflammatory properties of rheumatoid arthritis and to increase circulation to afflicted areas.
- Yucca**– lubricates joints– it was used by Native Americans because they knew that it allowed the joints to move freely. This freedom of movement was due to the saponin content of the herb. Saponins are properties of the herbs that act as a lubricant in the joints, much like putting oil on a squeaky hinge. They also act in a similar manner to cortisone, as an Anti-inflammatory.

Combinations and Nutrients:

- Joint Support**– a traditional combination with bromelain, hydrangea, yucca, and much more for arthritis that reduces acid waste, thins blood, reduces inflammation and promotes structural healing.
- Joint Health (JNT-AV)** - Ayurvedic formula for arthritis w/ Boswellia
- KB-C (Strengthen Water) Jian Gu**—Helps reduce acid in the body and aids the healing of bones, joints and connective tissue. (kidney/back/joint)
- Grapine HP**- antioxidant (water & fat sol tissue) to reduce general inflammation & degeneration in MS & rheumatoid conditions.
- Skeletal Strength**—Formula for nutrients to help build healthy bones
Bone density and growth spurts.
- Trace Mineral (Three)** -high mineral content (alfalfa-alkalize, kelp– trace mins, dandelion– above uric acid+); Jake Schwartz likes

Everflex w/HA–

- MSM** , a sulfur compound. Sulfur, the eighth most abundant element in the human body, has a long history as a healing agent. For centuries mankind has soaked in sulfur rich mineral hot springs to help heal a variety of ailments. MSM supplies biologically active sulfur. It is a naturally occurring compound in green

vegetables. Some of MSM's essential functions include maintaining structure of the proteins in the body; helping the formation of keratin, which is essential for hair and nail growth; aiding in the production of immunoglobulin, which maintains the immune system; and catalyzing the chemical reaction that change food into energy. Dr. Ronald Lawrence, assistant clinical professor at UCLA School of Medicine conducted a double-blind study with degenerative arthritis. The preliminary study indicates that MSM offers a safe, non-toxic way to help ease the pain of arthritis with more than 80% of the patients studies getting improvement from pain.

Glucosamine-(6-7 years popular) is an amino sugar normally found in the human body and is the base material for making up mucous membranes, ligaments, tendons, and synovial fluid in the joints. It addresses the underlying cause and supports the body's natural ability to heal itself. Sulfate & HCL forms

Chondroitin—is a long chain of repeating sugars found naturally in the joints and connective tissues. It helps to produce new cartilage and protects existing cartilage. It interferes with enzymes that destroy cartilage molecules and enzymes which prevent nutrients from reaching the cartilage.

Collagen— is another major supportive tissue in the human body. Cartilage, ligaments, and tendons are primarily made of collagen.

Topicals

Everflex Cream

Essential Oils: Clove, Eucalyptus, Ginger, Lavender, Sweet Marjoram and

Rosemary can be used in baths, massage and compresses on the affected joints for analgesic and anti-inflammatory.

Capsicum and Ginger are warming. Remember whenever heat is applied to a painful stiff joint, it is very important to move the joint as much as possible immediately afterwards, otherwise the heat can cause congestion which will make the condition worse, rather than better.

Deep Relief Blend is a nice combination formula to apply topically for pain and inflammation.

Copper Bracelets or Magnets (insoles, attached to points, or mattress pad)

Smooth and healthy joints may have a lot to do with taking the stairs instead of the elevator and going for a daily walk. You cannot use wear and tear as an excuse not to exercise. No blood vessels go directly to the cartilage and bone of a joint. Rather the joints must receive the oxygen and nutrients needed for healthy growth, and healing from the nearest blood vessel. Exercise moves the nutrients from the nearest blood vessels into the joint fluids and squeezes waste products from the joints to the vessel. In this way, exercise prevents cartilage and joint deterioration.

Weight bearing exercise also increases bone mass. Women between the ages of 40-54 who were physically active had significantly stronger and denser bones in their spines and arms than in a group of women the same age who did not exercise.

Summary

By making daily exercise, healthy whole foods and supplements a daily part of our lifestyle we can have the strong bones and flexible joints we were designed to have.